



DO YOU HAVE WHAT IT TAKES TO BE A SEAL?

Subject: Physical Education | Current: 2009 | Grade: 9-12

Day: 2 of 4

1 Purpose

To experience the physical and mental expectations required to become a Navy SEAL.

2 Duration of Lesson

50 Minutes

3 Additional Topics Addressed

Nutrition and Career opportunities.

4 Objectives

At the conclusion of this lesson, students will be able to:

- Describe the various category missions required for Navy SEALs.
- Explain the Navy SEAL training regiment
- Identify the Navy SEAL requirements
- Perform the physical screening test required for admittance into the Navy SEALs.

5 Standards & Benchmarks

PHYSICAL EDUCATION

Analyze and evaluate information about motor skills and patterns that lead to improved physical performance.

PE.9.2.2

Participate in physical activities that contribute to the improvement of specific health- related physical fitness components (cardiorespiratory endurance, muscular strength, muscular endurance, flexibility, and body composition).

PE.9.3.3



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Create a personal workout program to achieve and maintain an optimal level of health-related physical fitness.

PE.9.4.1

HEALTH & WELLNESS

Explain the interrelationships of emotional, social and physical health.

HW.1.2

6 Vocabulary

----- The following terms will be used in this lesson.

- **SEAL** – Acronym standing for Sea, Air, and Land, which identify the elements in which Navy SEALs operate
- **Unconventional Warfare** – Using small, mobile combat groups that operate using “unorthodox” battle methods (also known as guerilla)
- **Foreign Internal Defense** – Training given to foreign nations in order to build relationships with those nations
- **Direct Action** – Moving against an enemy target
- **Counterterrorism** – Includes direct action against terrorist operations, antiterrorist actions for prevent terrorist acts against citizens and troops
- **Special Reconnaissance** – Includes conducting preliminary surveys to gather information through surveillance.
- **Hooyah!** – The war cry of the Navy SEALs generally meaning “yes,” “understood,” and “I’m not letting this training session get the best of me.”
- **Armed Services Vocational Aptitude Battery (ASVAB)** – A comprehensive career exploration and planning program that includes a multiple aptitude test battery, an interest inventory, and various career planning tools designed to help student explore the world of work.
- **Basic Underwater Demolition/SEAL (BUD/S)** – The different phases of training categories
- **Indoctrination** – Training session focusing on the expectations and ways of the Navy SEALs
- **Basic Conditioning** – Training session focusing on the trainee’s physical stamina of timed events such as running, swimming, calisthenics, and learning small-boat operations
- **Drown-proofing** – Training exercise in which trainees must learn to swim with both their hands and feet bound.



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- **Surf torture** – Training exercise in which trainees must perform calisthenics down the beach in their wet clothes and boots and return back into the surf (also known as cold water conditioning)
- **SCUBA** – Training session in which trainee's work is done underwater (SCUBA – self-contained underwater breathing apparatus)
- **Land-warfare** – Training session involving intelligence-gathering and structured penetration, as well as long-range sniper attacks.

7 Additional Resources

- Performance Journal (from Day 1)
- Navy SEAL Training Rubric

8 Procedures/Methods

A. Introduction

A major portion of a Navy SEAL's job description involves being a proficient swimmer in all types of water conditions including extreme temperatures. Navy SEALs must be able to swim for long periods of time at a quick pace while maneuvering through various obstacles and handling explosives; however, the ability to swim for long periods of time or even swim at fast speeds does not necessarily make a Navy SEAL. Swimming is only one small aspect of the training session.

The training program takes approximately 30 months to complete in order for a Navy SEAL to be ready for deployment. The program including activities such as swimming, navigation, parachuting, and diving, as well as other physical and mental assessments. The program is also geared towards preparing the trainees for five different mission categories – unconventional warfare, foreign internal defense, direct action, counterterrorism, and special reconnaissance.

Throughout the entire training program, the Navy SEALs focus on the development of teamwork. Missions for an individual do not exist in the Navy SEALs; therefore, the importance of teamwork is stressed to ensure that each trainee helps each other and is capable of working with other team members.



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B. Development

After the introduction, students will mentally prepare to complete the 500-yard swim. Each student needs to obtain his performance journal and review the predicted result for the particular event. Remind students that this is a pre-test run of the testing session and to do the best they are capable of doing.

This activity will take approximately 5 minutes.

C. Independent Practice

Students will take turns in groups of 5 (or as many lanes available in the pool) completing the 500-yard swim. 5 other students will be timing the individuals swimming. The remaining students not currently participating need to encourage and support their teammates' efforts in achieving the best time possible. After students complete their swim, they need to record their results in the performance journal under actual results.

The instructor needs to stress to the students that this is not a competition among the students, but rather a pre-test trial to identify a base line performance for each individual to improve upon.

This activity should take approximately 30-35 minutes.

D. Practice

Students will reflect upon their performance in the 500-yard swim and need to answer the following questions in their journal:

- How did your predicted results compare to your actual results in the 500-yard swim?
- How did you physically feel while you were completing the swim?
- How did you mentally feel while you were completing the swim?
- What will your goal of improvement be for your final swim in 3 weeks?

This activity should take approximately 10 minutes.

E. Accommodations (Differentiated Instruction)

Students who have physical conditions that prevent them from doing specific exercises may perform them using appropriate modifications/adaptations.



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F. Checking For Understanding

- Students will be asked to identify the physical and mental aspects SEALs may face during a swim mission.
- Students will be asked to explain the impact of teamwork during a SEAL mission as well as during the simulated physical screening during class.

G. Closure

Careers Involved in U.S. Navy SEALs (<http://usnavy.com>):

- Navigation
- Radar Tracking
- Office Administration
- Accountant
- Intelligence and Communication
- Telecommunication
- Information Technology
- Electrons
- Building and Construction
- Emergency Services
- Healthcare
- Food and Catering

9 Evaluation

Students will be evaluated on the completion of their performance journal. Students will not be evaluated on their actual performance of the test, but rather on the improvement achieved on each testing section from the pre-test to the final test which will take place in approximately 3 weeks.



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10 Teacher Reflection

----- To be completed by teacher following the lesson.

11 Resources & Media

- <http://science.howstuffworks.com/navy-seal.htm/printable>
- <http://www.asvabprogram.com/>
- <http://www.usnavy.com/>
- Performance Journal (from Day 1)
- Navy SEAL Training Rubric



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PREFORMANCE JOURNAL

Testing Session	Navy Seal Goal	Predicted Results	Actual Performance	Goal of Improvement	Actual Post-Test Results	Actual Improvement
Swim	Swim 500 yards in 12.5 minutes					
Push-Ups	Do 42 push-ups in 2 minutes					
Sit-ups	Do 50 Sit-ups in 2 minutes					
Pull-ups	Do at least 6 pull-ups					
Run	Run 1.5 miles (in boots and long pants) in less than 11.5 minutes					



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NAVY SEAL PERFORMANCE RUBRIC

	Excellent-5pts	Good-3 pts	Poor-1pt
Goals	Student established realistic goals	Student establish some realistic goals	Student did not establish realistic goals
Plan	Student created an organized training program to establish goals	Student created a somewhat organized and thoughtful training program to establish goals	Student did a poor job of organizing a training program to establish goals
Improvement	Student improved performance 60-100 %	Student improved performance 20-58%	Student improved performance 1-19%
Performance Journal	Student completed performance journal	Student partially completed performance journal	Student failed to complete performance journal